



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Grubba, Dr.med. Thomas

Club: Salzgitter

Number: 276

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:56:22

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 326 (of 403)

Rank in course/Men: 298 (of 355)

Best time in course: 1:44:00

Rank in category: 56(of 61)

Best time in the category: 1:44:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hermannsklippe	9.00	56:33	6:16	37	17:25	191	17:25	9.00	56:33	6:16	26		299	17:25
Brocken	3.00	34:46	11:35	56	15:32	312	15:59	12.00	1:31:19	7:36	26	1:05	299	32:57
Finish	15.00	1:25:03	5:40	57	39:25	329	39:25	27.00	2:56:22	6:31	56	1:12:22	299	1:12:22